

## HC DrugFree: Keeping Howard County *in the KNOW!* ...knowledge is power, so just say KNOW

**"When something bad happens, you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you."**

*Theodore Giesel aka Dr. Suess*

### Save the Date: Upcoming Events

- **October 28:** [Drive-Thru Medication & Sharps Disposal Event](#)
- **Starting Nov 2:** [Free Classes for Parents/Guardians & Grandparents](#)
- **Nov 6:** [Teen Advisory Council Meeting](#)

### HCPSS Athletic Events Safety and Fan Guidelines

A friendly reminder from the Howard County Public School System that both students and non-student spectators are expected to adhere to campus rules and laws in place to ensure safety. Please note that substances such as tobacco, marijuana, and alcohol are illegal to have on school grounds. Furthermore, no spectators are permitted to be under the influence of these substances upon entering school grounds. [Read More](#)

### FREE Classes for HoCo Parents/Guardians and Grandparents

# FREE PARENTING CLASS



## Taking HoCo Families to the Next Level

**HCDrugFree**  
Empowering the Community

Guiding Good Choices® is an evidence-based curriculum that helps adults to build stronger relationships with their kids, all while teaching them how to deal with peer pressure and avoid risky behaviors. If you are the parent, guardian or grandparent, then this may be a powerful resource for you.

Learn:

- What's happening in Howard County
- How to encourage your child to adopt healthy attitudes and behaviors
- How to communicate more effectively
- How to build a relationship of trust
- and much more!

We urge you to attend all five of HC DrugFree's Zoom classes scheduled to be held on **Thursdays, November 2, 9, 16, 30, and December 7** from **Noon – 1:30 p.m.**

[Learn More & Register](#)

### How Social Media Fuels Gun Violence Among Teens

Social media is turning disputes among at-risk youth into deadly confrontations on the streets, with images and challenges posted on platforms like Facebook, Instagram, Snapchat, and TikTok. Researchers, community leaders, and law enforcement are highlighting the urgent need for regulation to address the hidden epidemic of social media-fueled gun violence among teenagers. [Read More](#)

### New "Fentanyl Fighter" Drug Hits the Market

Opvee, a powerful new nasal spray to counter overdoses, is making its debut with a unique edge: it's designed to be exceptionally effective against the growing threat of illicit fentanyl. [Read More](#)

## October Driving Safety



Driving under the influence without hurting yourself or others? Sounds like WITCHful thinking. Be The Driver who says NO to impaired driving. [Learn More](#) #BeTheDriver

## October is National Bullying Prevention Month



### [Watch Video](#)

Bullying is all too common, and it's harmful to the mental health of all involved. Young people who are bullied are more likely to feel lonely and want to avoid school. They are more likely to have symptoms of depression, which could contribute to their risk for suicide.

With love, support, and attention, we can prevent bullying and protect our children's well-being. [Learn More](#)

## Warning Signs for Suicide

### **Immediate Risk**

Some behaviors may indicate that a person is at immediate risk for suicide. The following three should prompt you to immediately call or text 988 (988 Suicide & Crisis Lifeline) or call a mental health professional.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

### **Serious Risk**

Other behaviors may also indicate a serious risk—especially if the behavior is new, has increased, and/or seems related to a painful event, loss, or change.

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated

- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Source



**Thoughts of Suicide?**  
**Mental Health Crisis?**  
**Substance Use Crisis?**  
**Call or Text**  
**988**



**HC DrugFree's Teen Advisory Council**

HC DrugFree invites **all Howard County students in grades 8-12** to join our Teen Advisory Council (TAC.) Members of TAC meet monthly during the academic year and act as student ambassadors in their schools and in the community.

**Why join TAC?**

- Earn community service hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County!

Join HC DrugFree's **Teen Advisory Council** **you can make a DIFFERENCE**

Registration open to Howard County 8th-12th grade students year round

**Be Seen** (with glasses icon)

**Be Heard** (with speech bubble icon)

**Be a Leader** (with star icon)

**Why Join TAC?**

- Gain valuable experience for job & college applications
- Earn Community Service Hours
- Volunteer opportunities all year
- Be a great role model for others!

LEARN MORE  [tinyurl.com/HCDrugFreeTAC](http://tinyurl.com/HCDrugFreeTAC)

**HCDrugFree**  
Empowering the Community

Join our teen team members at our outdoor medication and sharps collection on **Saturday, October 28 from 10 a.m. to 2 p.m. (with set-up starting at 9:15 a.m.)** and our next TAC meeting is on **Monday, November 6 from 5:30 to 7 p.m.** [Learn More & Register](#)

**October 28: Medication & Sharps Disposal Event**



Keep your unused medication  
away from the wrong paws!

**Drive-Thru Medication & Sharps Disposal**  
**Saturday, October 28 • 10 a.m. - 2 p.m.**

**Safely dispose of:**

- Prescription medication
- Over-the-counter meds
- Sharps (syringes, needles, Epi-Pens, etc.)
- Vitamins
- Pet medication
- Vape devices (batteries removed)
- Inhalers
- and more!

**We are giving away 100  
FREE medication lockboxes!**



First come, first served. Limit 1 per vehicle.

**Wilde Lake Village Center Parking Lot**  
**5305 Village Center Drive Columbia 21044**

**HCDrugFree**  
hcdrugfree.org

HC DrugFree's next convenient drive-thru medication & sharps disposal event, aka Drug TAKE BACK Day, is happening soon. Mark your calendars, clean out your medicine cabinet, and join us on **Saturday, October 28 from 10 a.m. - 2 p.m.** in the Wilde Lake Village Center Parking Lot (next to Slayton House and the CA Swim Center).

This is your opportunity to safely dispose of:

- Prescription medication
- Over-the-counter medication
- Vitamins
- Vape devices (with the batteries removed, please!)
- Inhalers
- Sharps (EpiPens, syringes, needles, etc.)
- Veterinary medications

And MORE!

Once again, **100 FREE medication storage boxes** will be distributed. One per vehicle. Please help us spread the word.

Medications will be guarded and transported by the Drug Enforcement Administration (DEA) and the Howard County Police Department. Thank you to our many partners.

# Seeking Volunteers



## Would you lend a hand?

As always, we depend on community volunteers to help make each drive-thru collection event a success. Volunteer positions are flexible, so we have jobs ready for youth and adults, seated and standing, and medically-trained and non-medical personnel. If you're willing to assist for all or part of the event, we'd be so grateful. Volunteer check-in begins at 9:15 a.m. on Saturday, October 28 and the event runs from 10 a.m. to 2 p.m. If you're ready to wear neon green and help make a difference in our community, please **REGISTER ASAP** at the links below.

- Parent/guardian volunteers agreeing to chaperone their own youth (under 18), register here: [Family Volunteer Registration](#)
- Youth volunteers (under 18) wanting to attend without a parent/guardian, register here (parent/guardian must complete the registration/waiver for youth under 18): [Youth Volunteer Registration](#)
- **Medically-trained adults** and all other adults attending without youth, register here: [Adult Volunteer Registration](#)

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## How Can You Help?



We need your tables!!

We need several tables for our medication and sharps disposal event. If you have one or many that we may borrow, again, we'd be so grateful. Drop off at 9 a.m. and pick up at 1:45 p.m. in the Wilde Lake Village Center parking lot near the Swim Center. Please use tape on the underside of the table to mark with your name and contact information so we can make sure tables are returned to their owners.

Lend us your  
table

## You Make a Difference in Howard County

Together, we can educate youth and families in Howard County and make a difference in young lives. Donations of any size will help us to continue providing free services and resources for another year.

Donate



## Resources

**Reverse Opioid Overdose:** Contact the Howard County Health Department to receive free training and Narcan kit. [Click Here](#)

**Help for Depression, Suicidal Thoughts or Other Mental Health Issues:**

Call or text 988.

**SAMSHA Treatment Locator:** This site provides information about facilities (Outpatient Treatment, 24-hour Residential, Veterans Affairs, etc.) for Substance Use Disorder and Mental Health across Maryland. [Learn More](#)

**Additional Resources:** [HC DrugFree Hotlines & Resources Page](#)

For more information, contact

Joan Webb Scornaienchi  
Executive Director  
HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, MD 21044  
Admin@hcdrugfree.org  
[www.hcdrugfree.org](http://www.hcdrugfree.org)



HC DrugFree | Wilde Lake Village Center, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

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